

## CATALO Extra Bitter Melon Extract


Bitter melon, also known as bitter gourd or bitter cucumber, is well known for its nutritional value. Extracted by special technology, CATALO Extra Bitter Melon Extract may assist in stabilizing blood pressure and maintaining cardiovascular health, and is easily digested and absorbed by the body. Studies show that Charantins, which are found in bitter melon, may assist in stabilizing blood sugar level.<sup>1</sup> It is effective in alleviating dry mouth, fatigue and skin irritation. Bitter melon also helps maintain blood vessels' elasticity. It is good for detoxification, regulating body metabolism, and fighting against harmful free radicals.

### Main Functions:

- May assist in stabilizing blood sugar level
- Alleviate dry mouth, fatigue and skin irritation
- May assist in stabilizing blood pressure and improve blood vessels health
- Powerful anti-oxidant and delay aging

Suitable for: Concerned about blood sugar, blood pressure and cholesterol level, overweight, having greasy/high sugar diet, lack of fruits and vegetables intake, enhance immunity, concerned about skin condition

1. B. Joseph, et al. (2013). Asian Pac J. Trop Dis., 3(2): 93-102



# Extra Bitter Melon Extract



## 特強苦瓜精華

### Cardiovascular Health

### Detoxification

May Assist in Stabilizing Blood Sugar Level & Blood Pressure

• Strong Anti-oxidative Effect



60 Vegetarian Capsules

DIETARY SUPPLEMENT

## Nutrition Information

Serving Size: 2 Capsules (1180mg)

Servings Per Container: 30

Amount Per Serving			
Natural Bitter Melon Extract (Standardized 10% Charantins)		800mg	
Energy (kcal)	4	Carbohydrates (g)	0.8
Total Fat (g)	0.0	- Sugars (g)	0.0
- Saturated Fat (g)	0.0	Protein (g)	0.05
- Trans Fat (g)	0	Sodium (mg)	0.3

**Serving Directions**  
For adults, take 2 capsules daily. For people with blood sugar level concern, take 2 capsules 2-3 times daily. Take after meal. Take 2-3 months or more continuously for the best result

**Ingredients**  
Natural Bitter Melon Extract (Standardized 10% Charantins)  
Other Ingredients: Pullulan (Water-soluble Vegetable Polysaccharide Capsule), Bulking Agent (Plant Cellulose), Anticaking Agent (Magnesium Stearate)

**Storage**  
Keep in a dry and cool place. Avoid direct sunlight

**Net Weight**  
35.4g (590mg x 60 capsules)

Not suitable for children and pregnant women  
Please consult health professionals before taking if you are at risk of hypoglycemia.

This product is not registered under the Pharmacy and Poisons Ordinance or the Chinese Medicine Ordinance. Any claim made for it has not been subject to evaluation for such registration. This product is not intended to diagnose, treat or prevent any disease.

This product is made from natural sources and may have color variation. This is a normal phenomenon and does not affect product quality.

### Made in USA

Manufactured by cGMP certified facility for CATALO Natural Health USA Inc. City of Industry, CA 91748, USA

Asia-Pacific Distributor: CATALO Natural Health Foods

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CATALO.COM



Product Code  
2939

美國家得路特強苦瓜精華 苦瓜，又名涼瓜，營養價值豐富。美國家得路以優質苦瓜作原材料，除去寒涼成份，製造出高純度苦瓜精華，容易被人體吸收，或有助於穩定血糖、血壓水平及保護血管等功能。研究顯示，苦瓜素或有助於穩定血糖水平<sup>1</sup>；亦能減輕口乾、疲倦、痕癢等問題。苦瓜素有助保護血管，維持血管彈性及心腦血管健康。除了有清邪熱及排毒功效，更可以調節身體機能，促進整體健康。

### 主要功效：

- 或有助於穩定血糖水平
- 減輕口乾、疲倦、痕癢等問題
- 或有助於穩定血壓，維持血管彈性
- 清邪熱及毒素，改善健康

適用人士：關注血糖、血壓及膽固醇水平，體重偏重，多吃高糖份或高脂肪食物，清除熱毒，少吃蔬果，增強抵抗力，注重肌膚素質

<b>建議食法</b>	成人：每天1次，每次2粒 關注血糖人士：每天2-3次，每次2粒 請於餐後服用。建議連續服用2-3個月或以上以達至最佳效果
<b>成份</b>	天然濃縮苦瓜精華（標準化10%苦瓜素） 其他成份：天然植物膠囊（水溶性植物多醣體），增體劑（植物纖維素），抗結劑（硬脂酸鎂）
<b>保存方法</b>	請放於乾燥及陰涼地方，避免陽光直接照射
<b>內容量</b>	35.4克（590毫克 x 60粒）
<b>此日期前最佳</b>	如盒所標示（日月年）

孕婦及小童不適宜服用。容易患低血糖症人士請先諮詢醫護人員意見

此產品沒有根據《藥劑業及毒藥條例》或《中醫藥條例》註冊。為此產品作出的任何聲稱亦沒有為進行該等註冊而接受評核。此產品並不供作診斷、治療或預防任何疾病之用。此產品源自天然成份，顏色深淺略有差異或變化屬正常現象，不影響產品質量。

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網頁：CATALO.COM

產品編號 2939

營養資料	
食用份量：2粒（1180毫克）	
每包裝所含食用份量：30	
每食用份量	
天然濃縮苦瓜精華 800毫克 （標準化10%苦瓜素）	
能量（千卡）	4
蛋白質（克）	0.05
總脂肪（克）	0.0
-飽和脂肪（克）	0.0
-反式脂肪（克）	0
碳水化合物（克）	0.8
-糖（克）	0.0
鈉（毫克）	0.3